

*ABSTRACT OF THE DISCLOSURE*

In a visual training device and a visual training method, different targets are displayed for right and left eyes, respectively, and refractivities of the right and left eyes are measured. Based on the measured refractivities of the eyes, positions of the targets displayed for the right and left eyes are moved in the directions of the respective optical axes. At the same time, the targets are moved so that the visual axes of the right and left eyes incline outward toward the end. The directions of the visual axes of the right and left eyes incline outward toward the end, so that it is possible to relax the strain of *musculus ciliaris* and relieve visual fatigue through short, effective training.